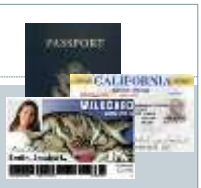
Check In



- 7:30am - 9:00am
- Rotate to the following groups
  - HR Check In
    - Have 2 Photo ID's out along with your paperwork packet
  - Uniforms
  - Books
  - Uniform Try On/Labeling/ Put On
  - Live Scan Sign Ups
  - Problem Station
  - Sit Down in Seat and wait for Academy to begin

Job Requirements

- Physical
- Union Membership (or service fee)
- TB test
- Direct deposit form (optional)
- Personal physician form (optional)
- PCF (Fill out with HR)

East Bay Regional Park District Lifeguard Academy

EAST BAY REGIONAL PARK DISTRICT
FIRE
DEPT
LIFEGUARD

2014

Staff Introductions

EBRPD Fire Department
Lifeguard Service Unit

- **Aquatic Manager**
- **Aquatic Supervisors: North and South**
- **Aquatic Assistants : North, South and Programs**
- **Resource Training Officers**

Cadet Introductions

- Name
- Cadet Number
- Desired Facility
- Tell the group 1 goal you'd like to accomplish in your lifetime (*No Repeats*)

2014 Academy Schedule

- Dates
  - April 26, April 27, May 3, May 4, May 10, May 11, May 17 and May 18
  - Plus a minimum of 2 additional training days to be completed by June 15 at an assigned facility.
- Times
  - Academy start times vary depending on the day. Refer to your group assignment sheet.
  - **Be on time!**

2014 Academy Locations

- Trudeau or Temescal. Locations vary by group assignment
  - Your group location will be distributed this week
  - Personal transportation required
- Setup Carpool early with your group

What To Bring

- Lunch, snacks, fluids (container)
- Uniform
- Swim suit, towel(s), goggles
- Sun block, hat, sunglasses
- Pencil/pen
- Waterproof watch
- Issued books, manuals, materials
- Foot protection

What To Expect

- **Expect to be challenged!**
  - **The academy will be mentally and physically demanding.**
- Lecture and discussion
- Reading assignments
- Group activities
- Skill demonstrations
- Skills training
  - Lifeguarding, Medical, Scenarios
- Physical training, relays, timed drills
- Quizzes, written tests, skill assessments

Scoring & Ranking

- Assessment is constant and on-going
  - Scoring is point-based
  - You can gain AND lose points
- Your rank is determined by your point total
- You will be advised if you fail an evaluated category

Scoring Criteria

- New Lifeguard Test
  - Swim Time
  - Interview
- Professionalism
  - Punctuality
  - Attentiveness
  - Demeanor
- Inter-personal skills
  - Communication
  - Teamwork
- Physical test scores
  - Lifeguarding skills
- Physical skills
  - Swimming, running, etc.
- Written test scores
  - 9 final exams
- Break Out Questions

Absence

- During the lifeguard academy, cadets are allowed 2 absences
- Absence requests must be turned in 1 week prior to anticipated absence
  - If you miss a day, you will lose points for that day
- Missing more than 2 days of the academy will result in a dismissal from the EBRPD lifeguard academy

Make-up Procedures

- **If you do miss a day of the academy, it is <u>your</u> responsibility to complete all make-up requirements**
  - **Cadets who do not complete the makeup packet prior to the end of the academy will not receive a facility placement or subsequent job offer**
  - **The makeup packet will allow you to make up some, but not all of the points lost by missing the day**

Completing the LG Academy

- Cadets' continued employment is conditional on successful completion of the LG Academy. Passing the Academy is **dependent** on passing all written tests, assignments, skill assessments, on-site training and accepting a facility assignment
- You **must** successfully complete the LG Academy in order to continue employment as a 2014 EBRPD Lifeguard I

Conditional Hiring

- Successful completion of the LG Academy
  - Earn American Red Cross certifications
    - Lifeguarding/First Aid/CPR/AED
    - Waterfront Skills
    - Bloodborne Pathogens Training
    - Administering Emergency Oxygen
    - Title 22 (First Aid for Public Safety Personnel)
- Successful candidates fill remaining 2014 Lifeguard I openings

Will You Be Hired?

- Hiring occurs preferentially by LG Academy rank
  - The higher your rank, the better your chance of being hired
- Your rank is determined by your LG Academy point total
- Facility placement will be based on rank, availability and need

What to Expect

- If you pass the Academy…
- If you get a provisional assignment…
- If you pass provisional hire…

- Expect to work holidays
- Expect to work 20-30 hours/week

Important Information and Additional Requirements

Cadet Packet

- Today you received:
- Your group assignment
- A notebook and pen
- Folder
  - Directions
  - Contact Numbers
  - Important Events Schedule
  - Lifeguard Service Dates
  - Peak Seasonal Availability Form
  - East Bay Regional Park District Fire Department Standards
  - Absence Request
- USLA Knowledge Review Questions (print from eblifeguard)
  - Required to turn in by the end of the academy for credit. If you do not turn it in, you will not pass the academy

Availability

- Peak Seasonal Availability Form
  - Due by 5/11/14 (Day 6) of the Academy
  - You are still accountable for the availability indicated on your LG application
  - Peak Season Availability Form provides more detail
- Review assignment instructions

Written Resources

- Today you received:
  - Open Water Lifesaving-The United States Lifesaving Association Manual(2nd Edition) (USLA)
  - ARC Lifeguarding Manual
  - LSM (Available for download on eblifeguard.org/LSM)
  - T22 Key Points Manual
- Be prepared for reading assignments
  - You are responsible for understanding the material covered in reading assignments

Online Resources

- EBLIFEGUARD.ORG
  - Lifeguard Academy 2014 Section
    - Username: cadet (all lower case)
    - Password: lifeguard (all lower case)
- Constantly evolving site, but will contain more information as the academy progresses.

Lifeguard Service Manual

- ✓Introduction
  - ✓ Purpose I-1.1
    - ✓ Combined reference containing Park District policies which are relevant to Lifeguards
  - ✓ Organization I-1.2
    - ✓ 5 sections
      - ✓ Introduction
      - ✓ Administration
      - ✓ Operations
      - ✓ Safety
      - ✓ Emergencies
  - ✓ Associated Resources I-1.3
- ✓Page numbers vs. Reference numbers
- ✓Topics vs. Policies

Uniforms

- Uniforms are an effective way to establish a professional image and should always be neat and clean
- Uniforms immediately identify the wearer as an authority.
- Uniforms can be especially helpful in emergencies, since the public tends to defer to people in uniform
- Properly designed uniforms also provide protection from the elements
- The wearing of the uniform off duty is not permitted as it can tarnish the image of the entire lifeguard agency

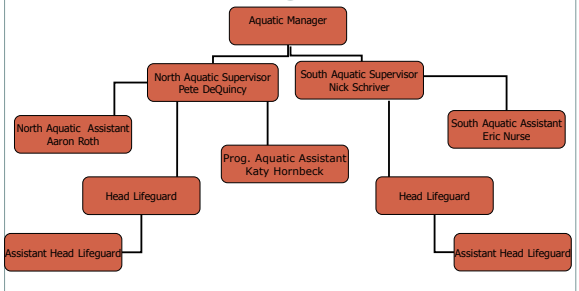
Uniform Inspections

- Uniforms will be inspected randomly throughout the academy.
  - Formal inspections where everyone lines up
  - Informal inspections constantly happen
- During classroom lectures, cadets must wear their cadet shirt and fanny pack
- During beach trainings, cadets must wear lifeguard shorts, cadet shirt and fanny pack
- Points will be deducted if you are not wearing a full uniform, or if your uniform looks sloppy, stained or dirty

Any Questions?

Orientation to East Bay Regional Park District Lifeguard Service

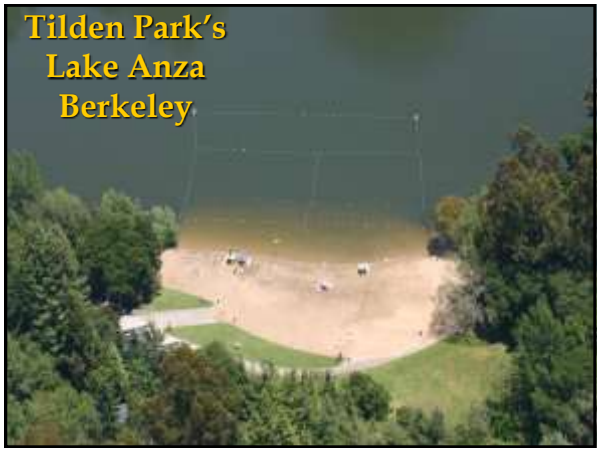
Lifeguard Service Chain of Command

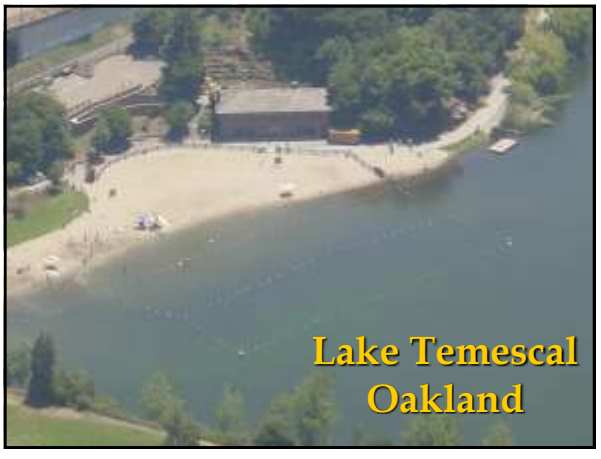


LIFEGUARD

Swim Facilities - North Region

Lake Anza
Contra Loma (Lagoon)
Roberts Pool
Lake Temescal
Castle Rock Pool





LIFEGUARD

Swim Facilities - South Region

Don Castro (Lagoon)

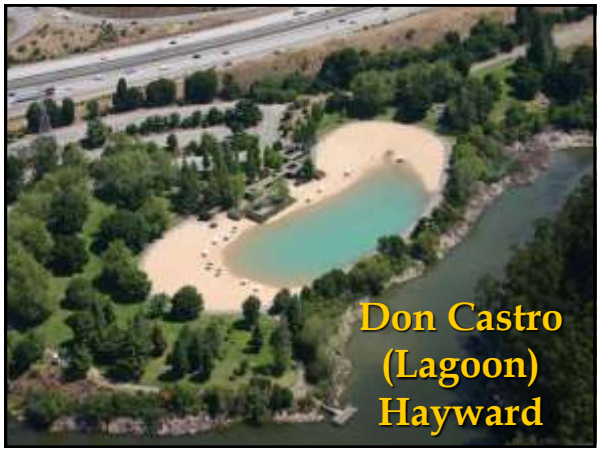
Del Valle, East Beach

Del Valle, West Beach

Quarry Lakes

Shadow Cliffs

Cull Canyon (Lagoon)


Don Castro
(Lagoon)
Hayward

Del Valle East Beach
Livermore

Del Valle West Beach
Livermore

Quarry Lakes
Fremont

Shadow Cliffs
Pleasanton

Cull Canyon
(Lagoon)
Castro Valley

2013 Lifeguard Statistics

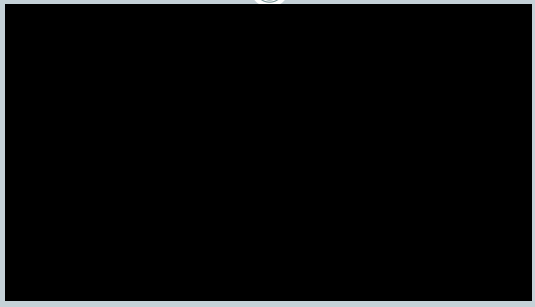
- 523,122—Swimmers
- 85,844—Prevents
- 38,259—Lifejackets Loaned
- 90—Rescues
- 31—Missing People
- 29—Boat Rescues
- 449—Minor First Aid Treatment
- 61—Medical Aid Treatment
- 11—Ambulance Transports
- 1—Resuscitations
- 0—Guarded Drownings!

Lesson 1:
The Professional Lifeguard and Facility Safety

The Professional Lifeguard

- Lifeguards must:
  - Be responsible to protect people's lives when at the aquatic facility.
  - Maintain a high level of knowledge and skills
  - Act in an emergency.
  - Be able to effectively communicate with the public.
  - Be a leader and team member
  - Be mature, professional and competent.

The Professional Lifeguard



The Professional Lifeguard

- What characteristics of a professional lifeguard were discussed or illustrated in the video segment?

The Professional Lifeguard

- What behaviors would demonstrate a lack of professionalism?

The Professional Lifeguard

- Your primary responsibility as a lifeguard is to help ensure patron safety and protect lives.

The Professional Lifeguard

- What are some tasks that should be the lifeguard's primary responsibility?

The Professional Lifeguard

- What are some examples of secondary tasks that a lifeguard might be asked to perform while not responsible for primary responsibilities?

What are the different places shown in the video where a person might work as a lifeguard?

- Nonsurf waterfronts
- Multi attraction facility
- Waterparks
- Swimming pool

Decision Making

- **Decision making is an important component of lifeguarding.**
- **An Emergency Action Plan (EAP) can help you act quickly.**
- **In a non-emergency situation, you can take more time in deciding how to act.**
- **EBRPD Lifeguard Service EAPs can be found in the Emergencies section of the LSM.**

Legal Considerations

- As a lifeguard, you need to understand the legal principles involved in being a professional rescuer.

Standards of Care Negligence Abandonment Duty to Act	Confidentiality Documentation Consent Refusal of Care

- Use Chapter 1 of your Lifeguarding Manual to answer the following questions.

Legal Considerations

Scenario: You are the lifeguard on duty when you see a young boy running on the pool deck.

- What should you do to prevent the child from slipping and falling?
- If you had not tried to stop the child from running and then the child got hurt, what legal principle could be a problem for you?

Legal Considerations

- **Scenario: After you warn the child about the dangers, he once again runs and now slips and falls on the deck. His knee is bleeding and he complains that it hurts. His mother arrives on scene.**
  - What must you do before you can provide care for this child?
  - What should be stated when asking for consent?

Legal Considerations

Scenario: The child is very frightened so the mother takes the child in her arms and refuses the lifeguard's offer to care for the child's injury.

- How should you respond to the mother at this point since she has refused care?
- What should you do if the mother continues to refuse care for her son?

Legal Considerations

- **Scenario: The mother decides to allow you to care for the child's injury after all.**
  - If you failed to provide the proper care or provided care that was beyond your level of training, and as a result, the boy suffers further injury, what legal principles could be a problem for you?

Legal Considerations

- **Scenario: You are treating the injury and realize it is time for your shift to end.**
  - What legal problem could come about if you stop caring for the young boy?

Continuation of Training

- Completing the course does not guarantee employment.
- Employers may require their own employment evaluation.
- Skills learned need to be practiced.

Break

- 10 minutes

Orientation and Training

- Annual or preseason orientation and training
  - Often occurs prior to the summer season
  - Should include a review of knowledge and skills
- Facility management provides training to meet government requirements
- Policies and procedures manual provides information such as:
  - Administrative policies and procedures
  - Personnel policies and guidelines
  - Standard operating procedures

In Service Training

- Should be done on a regular basis
- Helps maintain knowledge and skills at a professional level
- Provides an opportunity to practice as a team
- Best practices: minimum 4 hours per month

Possible In Service Training Topics

- Surveillance and recognition
- Water and land rescue skills
- Emergency response drills
- Decision making protocols
- Facility rules and regulations
- Customer service
- Records and reports
- Physical conditioning

Periodic Lifeguard Evaluations

- May be performed by your employer or through a contract agency, or by a combination of both
- May be announced or unannounced
- May include:
  - Observations of lifeguards performing surveillance
  - Skills evaluation
  - Check of the facility related to the lifeguard operations

Other Opportunity

- Lifeguard Instructor: Ages 17 and up
- Lifeguard Management Course
- Water Safety Instructor: Ages 16 and up
- Pool Operator Training

Being Part of a Team

- Lifeguards must communicate and work together effectively as a team.
- Critical elements for working effectively as a team include:
  - Effective communication
  - Trust
  - Mutual respect
  - Commitment
  - Cooperation

Emergency Action Plans

- Guide the actions of the lifeguard and other team members in emergencies
- Describe what needs to be done and by whom

Safety Team

- A lifeguard is part of a broader safety team.
- A safety team includes:
  - Management and maintenance staff.
  - Local and emergency response staff.

Facility Safety

- Rescue equipment must be available and in working order at all times.
- Certain equipment—such as a rescue tube, resuscitation mask and gloves—must always be worn or carried so that it is instantly available.
- Lifeguards must have a whistle to signal an emergency.

Facility Safety

- You are conducting an opening facility safety check and you find a loose bolt on a pool ladder.
  - What should you do?

Facility Safety

- You are on duty conducting patron surveillance and a patron reports to you that someone spilled shampoo in the locker room and the floor is very slippery.
  - What should you do?

Safety and Surveillance

- Facility safety checks are a secondary responsibility and must not be done while performing patron surveillance
- If you observe problems with equipment or other problems are reported to you, you should notify a member of the safety team, a supervisor or another lifeguard not performing surveillance duties.

Weather Conditions

- **Weather affects the safety of swimmers both outdoors and indoors.**
- **Lifeguard management should:**
  - **Monitor weather alerts.**
  - **Keep lifeguard informed of sever weather alerts.**
- **Lifeguard must:**
  - **Tell management when they see severe weather.**
  - **Know and follow procedures for clearing the water and deck.**

Thunder or Lightning

- **Clear everyone from the water at the first sight of lighting or first sound of thunder**
- **Keep patrons and staff out of showers and locker rooms**
- **Do not use a telephone connected to a landline except in an emergency.**
- **Keep everyone away from windows and metal objects.**
- **Watch for more storms and monitor weather reports**
- **Wait 30 minutes after the last lightning sighting or sound of thunder before resuming activities.**

Outside During Thunderstorm

- **If caught outside in a thunderstorm and there is not enough time to reach a safe building:**
  - **Keep away from tall trees standing alone and any tall structures.**
  - **Keep away from water and metal objects.**
  - **Keep as low to the ground as possible but do not lie on the ground:**

Weather Conditions

- **Other weather conditions may cause safety concerns**
  - **Fog**
  - **Wind**
  - **Heavy rain**
- **Clear the pool or waterfront if visibility is impaired by waves or increased turbidity.**
- **In the event of a power failure, you should clear the pool**
- **If weather conditions cause safety concerns, you also should clear the deck.**

Rules and Regulations

- Rules are required by state and local health departments and individual facilities.
- Lifeguards must know and enforce all safety rules
- Rules can be communicated through signage and verbally

Rules and Regulations

- Activity: Reason for the Rules
- Worksheet 1-1 in your group

Entries and Approaches

- The following video segment will illustrate skills for entering the water and approaching the victim.
- We will practice the skills later at Temescal

Break

- 10 Minutes

Management and Facility Safety

- **Your job is to follow and enforce your facility's rules and regulations.**
- **The management team's job is to ensure that the facility is in compliance with the law and to make sure you are enforcing facility rules correctly.**

Management's Responsibility

- **Create, review and revise facility policies and procedures, rules and regulations and EAPs as needed.**
- **Address unsafe conditions.**
- **Comply with federal, state and local laws and regulations for facility operations and employment.**
- **Maintain records regarding the facility and its employees.**
- **Assist after an emergency.**

Regulations and Facility Operations

- **Regulations that affect your facility include:**
  - **Lifeguard certification requirements.**
  - **Facility design and safety features.**
  - **Pool capacities.**
  - **Staff training requirements and lifeguard competencies.**
  - **Ratio of lifeguards to patrons.**
  - **Water sanitation procedures.**
  - **First aid equipment and supplies.**
  - **Lifeguarding equipment.**
  - **Diving depths.**

Regulations

- Federal and State Labor Laws:
  - Affect tasks lifeguards younger than 18 can perform
  - Are more stringent for 15 year olds
- OSHA regulations keep employees safe while on the job.
- The Hazard Communication Standard informs and protects employees form exposure to hazardous chemicals.

Material Safety Data Sheet

- Each chemical has a MSDS
- It describes special precautions for storing and using chemicals, as well as safety precautions when cleaning up spills.
- It also explains what to do if you come in contact with a chemical.
- The MSDS must be easy to find.

Employees Right to Know

- **Which hazardous chemicals are in the facility.**
- **Where those chemicals are stored in the facility.**
- **The specific dangers of those chemicals.**
- **How to identify chemical hazards in the facility.**
- **How to protect themselves and others from being exposed to hazardous chemicals.**
- **What to do if they or others are exposed to such hazards.**

Bloodborne Pathogens Standard

- OSHA Regulation
- Designed to reduce the risk of disease transmission while on the job
- Employer must provide exposure control plan:
  - Helps protect employees from being exposed to bloodborne pathogens
  - Instructs employees about what to do if exposed

The Drowning Process

- **Your primary responsibility is to ensure patron safety and protect lives.**
- **Most of your time is spent on patron surveillance**
  - **Be alert and attentive at all times**
- **Drowning is a continuum of events that begins when a victim's airway becomes submerged under the surface of the water.**
  - **Can be stopped, but if not, will end in death.**

The Drowning Process

- **The process of drowning begins when water enters the victim's airway:**
  - **causes involuntary breath holding and then *laryngospasm* (a sudden closure of the larynx or windpipe). The victim is unable to breathe but may swallow large quantities of water into the stomach.**
  - **As oxygen levels are reduced, laryngospasm subsides and the victim gasps water into the lungs.**

The Drowning Process

- **Due to inadequate oxygen, the victim may suffer cardiac arrest:**
  - **Can occur in as little as 3 minutes after submerging.**
  - **Brain damage or death can occur in as little as 4 to 6 minutes.**

The Drowning Process: Interventions

- Intervening variables can affect the outcome.
- Giving ventilations often will resuscitate a victim, especially if only 1 ½ to 2 minutes have passed.
- Unconscious victim may have isolated or infrequent gasping in the absence of other breathing, called agonal gasps.
  - Gasps can occur even after heart has stopped.
  - Normal, effective breathing is regular, quiet and effortless.
  - With agonal gasps, care for victim as if person is not breathing

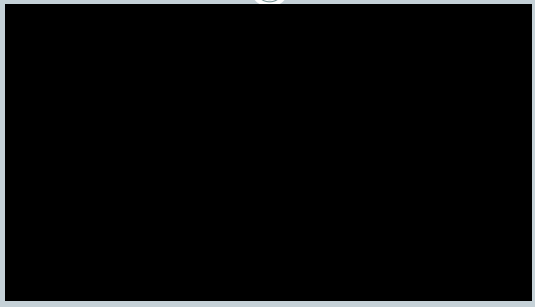
The Drowning Process

- What does this understanding of the drowning process mean for you as a lifeguard?

The Drowning Process: Survival

- The greatest chance survival is recognizing when a person needs help or is in danger of drowning.
- The sooner the drowning process is stopped, the airway is opened and the victim is resuscitate, the greater chance of survival without permanent brain damage.

Effective Surveillance—Victim Recognition



Effective Surveillance—Victim Recognition

- What are some situations that could lead to trouble for a weak or nonswimmer?
- What are some situations that could lead to trouble for a swimmer?

Effective Surveillance—Victim Recognition

- What are the characteristics of a distressed swimmer? (Hint, you can use Table 3-1 in you Lifeguarding Manual)
- What instinctive drowning response behaviors would you see in a drowning victim who is struggling at or near the surface?

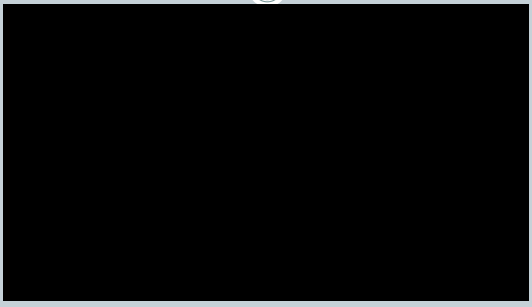
Effective Surveillance—Victim Recognition

- In some cases, what might a very small child look like when in trouble in the water?
- What are some conditions that could lead to a patron becoming a drowning victim who appears to be unconscious?

Effective Surveillance—Scanning

- Effective surveillance also includes scanning
  - a visual technique for deliberately observing patron behaviors and actively looking for signals that patrons need help

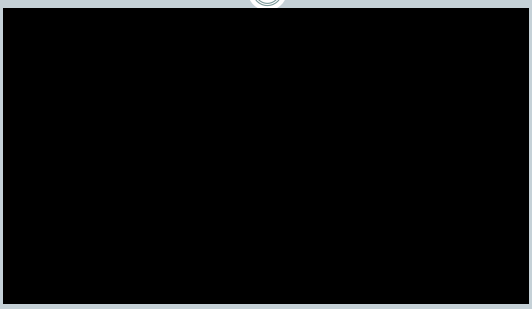
Effective Surveillance—Scanning



Effective Surveillance—Scanning

- **What are some important factors for effective scanning?**

Zones of Surveillance Responsibility



Zones of Surveillance

- What should you do if the number of patrons increases in your zone and you feel unable to adequately provide surveillance?

Zones of Surveillance

- You are seated in an elevated lifeguard station and there is a glare on the surface of the water making it difficult for you to see. What should you do?

Zones of Surveillance

- A group of preschool-aged children enter your zone. They are all weak swimmers. Although there are not many children, you feel that you are not able to watch the area adequately. What should you do?

Injury Prevention Strategies

- Aquatic injury prevention is part of the facility's risk management program.
- Risk management includes"
  - Identifying dangerous conditions or behaviors that can cause injury
  - Taking steps to minimize or eliminate them
- Your goal should be preventive lifeguard, although you should be ready to perform rescues.

Injury Prevention Strategies

- **What are some examples of life-threatening conditions?**
- **What could be some causes of non-life-threatening conditions?**

Injury Prevention

- You must understand how injuries occur to prevent them.
- You need to:
  - Increase your awareness of risks and hazards.
  - Help patrons avoid risky behavior
  - Help develop a safety conscious attitude.

Communications with Patrons

- Important injury prevention strategy
- Includes enforcing rules and regulations
- Variety of means to communicate risks to patrons:
  - Signs listing rules
  - Print materials listing rules handed to patrons
  - Lifeguards informing patrons of rules

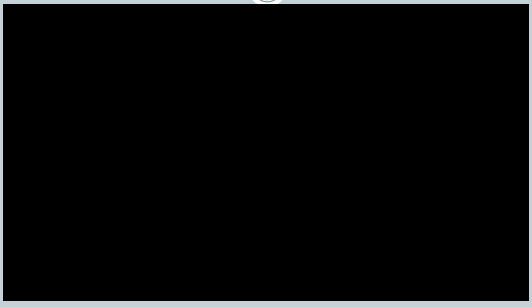
Communications with Patrons

- What information do patrons need to know concerning risky behavior?
- How can you politely get a patron's attention?

Communication with Patrons

- Whistle: a communication tool
  - Gets patrons' attention
  - Activates EAP
- Facility's EAP should specify number and type of whistle blasts to indicate an emergency
- Practice using the whistle
- Use the whistle cautiously—overuse can cause patrons and staff to ignore it.

Injury Prevention Strategies



Injury Prevention

- What did the lifeguard do to protect patrons when thunder was heard?
- What strategies did the lifeguard use to try to get the resistant man to understand the importance of clearing the pool?

Guarding a Variety of Activities

- Different types of activities might take place when you are lifeguarding.
- Open or recreational swim challenges include:
  - Young children who are not adequately supervised
  - Patrons engaging in risky behaviors in or out of the water
  - A child who has wandered off from parents or caretakers
  - Nonswimmers who have ventured into water that is too deep
  - A patron who suffers a sudden illness.

Organized Activities: What Questions to Ask

- **What things could go wrong that are unique about this activity?**
- **What is the swimming ability or comfort level in the water of patrons in this activity?**
- **Are there any unique challenges or obstacles to recognizing an emergency, approaching a victim or performing a rescue?**
- **Do participants have any medical conditions that increase the chances for sudden illness or injury due to activity?**

Instructional Classes

- Additional supervision is provided by trained personnel.
- Instructors or coaches are part of the safety team.
  - Should have training to ensure safety
- Instructors or coaches have responsibility for classes or teams, but that does not take away from your responsibility

Instructional Classes

- What might be some unique risks of participants in a water exercise class for older adults?
- What might be some unique risks of participants in swim lessons?

Aquatic Sports and Open Water Events

- Swimming
- Diving
- Water Polo
- Triathlons
- Participants may be experience swimmers, but are not exempt from needing lifeguard on surveillance duty

Guarding Special Attractions

- **What might be some unique risks of participants in competitive sports?**

Guarding Special Attractions

- **Many facilities have special attractions that create challenges for lifeguarding**
  - **Water-play areas specifically for young children.**
  - **Play structures**
  - **Inflatable play structures**
  - **Special rides and attractions**
  - **Water slides**
  - **Winding rivers.**
  - **Wave pools.**

Guarding Special Attractions

- Worksheet 2-1 With your table

Assignments

- Read Chapter 1, 2 , 3, 5, 7 and 8 in the Lifeguarding Manual
- Be prepared to answer questions about what you read

Directions

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Lunch!

- Clean up trash
- Head over to Temescal
- We'll resume in 45 minutes
- Consider following other people, especially if you don't know where you're going.
- DON'T BE LATE!